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PAGE 12

Legal fees no biggie: Harper

PM says paying senators' legal fees is normal; meanwhile Wallin and Brazeau say (complain?) that no one helped them PAGE 7

Yeah, well, stencil graffiti art is tired

World-renowned street artist Banksy disses new World Trade Center by saying "it looks like something they would build in Canada" PAGE 10

GET OUT AND PLAY

Olympic hurdler Perdita Felicien poses with Julie Myer at Emily Carr Middle School in Blackburn Hamlet Tuesday. The pair of motivational speakers for the Right to Play organization were in Ottawa to help get kids active — in sports and in their communities. For more on the story, see page 4. DENIS ARMSTRONG/FOR METRO

Man charged with attempted murder in hammer attack

Daylight assault. Crown says more charges could be laid; incident similar to other older attacks in Hintonburg

JOE LOFARO
joe.lofaro@metronews.ca

An Ottawa man has been charged with attempted murder for allegedly hitting a 27-year-old woman on the head with a roofing hammer after she disembarked the O-Train at Bayview station last week.

The brazen Oct. 22 daylight attack was captured on surveillance video which police released to the media in the hopes that a suspect would be identified. The 26-second video shows a man run up to a woman from behind and appears to show him attack her before fleeing.

Nabil Benhsaien, 35, made a brief court appearance Tuesday afternoon via video link where he was also charged with a breach of recognizance in relation to the attack.

Court records show Benhsaien has a lengthy criminal history, with at least three convictions in 2012 for theft under $5,000. He is also scheduled to stand trial in April for possession of a controlled substance and breach of probation.

"These new charges are very serious," said the Crown in court Tuesday, who added that more charges could be laid against Benhsaien.

The handcuffed man could be heard asking the justice of the peace for a bail hearing. Benhsaien will return to court Thursday.

Police said in a news release last week the woman suffered minor injuries after falling to the ground during the incident, which occurred at around 2 p.m. They said she did not know her attacker.

The incident is similar to a string of three attacks that happened in 2010 and 2011 in Hintonburg in which women were hit on the head. In one case a woman was hit with a hammer and needed stitches.

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Redblacks fans put their money where their spirit is

The grand tour.
Nascent football team puts on show at new ticket centre

Ottawa's latest CFL team the Redblacks won't play their first game until July 2014, but judging by the reception the Ottawa Sports & Entertainment Group got Tuesday at their new Ogilvie Road Ticket Centre, the team is already a hit.

OSEG president Jeff Hunt invited five of the 12,000 fans who have already reserved season tickets to buy their seats at Tuesday's preview of the Redblacks's new ticket centre.

They were given a virtual tour of the new Lansdowne Stadium on 3D video terminals with life-like 360-degree views of the field from any of the stadium's 24,000 seats, a primer on Rough Rider history, and the chance to buy merchandise for Lansdowne's three sports franchises: the Redblacks, the Ottawa 67's and Ottawa Fury NASL soccer team.

From left: Siblings Susan Heward and Patrick Heward and dad John Heward test-drive the new chairs that will seat fans at Redblacks games. The Hewards were the first fans to buy season tickets at the new ticket centre. DENIS ARMSTRONG/FOR METRO

With the Rough Riders folding in 1996 and the Renegades in 2006, Hunt hopes it will be third time lucky for the CFL in Ottawa. He intends to use all his marketing expertise to ensure the Redblacks financial fortunes are not in the red, but in the black as quickly as possible.

"I'm taking a chapter out of the 67s marketing book and promoting the team to the community," Hunt said. "I want to make football at Lansdowne an experience that families, kids, francophones will not only feel comfortable with but will enjoy and be a part of."

Cornwall's John Heward and his son Patrick were the first to buy their season tickets. Longtime Ottawa football supporters, they turned Montreal Alouette fans when the Renegades dissolved.

"The old Lansdowne was an uncomfortable experience," said Randy Burgess, OSEG's vice-president of communications, adding Ottawa has a strong core fanbase. "The Renegades were getting 18,000 to 20,000 fans a game. We're going to improve the fans' overall experience. The new owners are local businessmen, who are committed to the city. They know what to do to make the team a success."

DENIS ARMSTRONG/FOR METRO

Man convicted of 2005 murder may be freed

Defence lawyer Paul Lewandowski, left, and his client Charlie Manasseri shown in a 2012 photo. METRO FILE

An Ottawa man given a life sentence with no chance of parole for 10 years has been granted bail and says new evidence proves he may not have been the one who killed Brian Fudge in a 2005 fight. Charlie Manasseri was found guilty of second-degree murder in February 2012 for an altercation inside Le Skratch Bar that preceded Fudge's death from massive brain swelling.

He's now appealing that conviction, as new evidence from a report by neuropathologist Dr. David Ramsay suggests the fatal blow may have come from a second man outside the bar — a punch to the head delivered by George Kenny that, according to the report, "triggered a cardiorespiratory arrest that led to fatal brain swelling."

Ramsay's report says the most credible explanation for Fudge's death resulted from "alcohol concussion syndrome," an alternative cause of death "not accepted" by doctors who testified at the trial for the Crown. Those doctors testified the initial assault by Manasseri caused the swelling in Fudge's brain, which ultimately led to his death.

Witnesses at trial said Fudge and Manasseri began arguing over who should be served drinks first. The trial heard that the pair fought and Manasseri repeatedly smashed Fudge's head into the bar. Fudge, who was severely intoxicated, was escorted by bouncers out of the bar. Kenny punched Fudge's head outside, causing him to fall to the ground. Fudge died the next day in hospital.

Kenny was found guilty of assault causing bodily harm and has already been released on bail pending the hearing of his appeal.

Manasseri was released Tuesday on a $125,000 bond, pending his appeal. He must surrender his passport and must stay in Ontario.

TREVOR GREENWAY/METRO

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‘Being a champion isn’t about medals’: Two-time Olympian

Right to Play. Event gives local students chance to hear from sports heroes

Recently retired Olympic hurdler Perdita Felicien was at Emily Carr Middle School in Blackburn Hamlet to deliver a message to students: Get outside and play and don’t let setbacks get you down.

Felicien, who volunteers as one of Right to Play’s globe-trotting ambassadors, told 500 Emily Carr and Colonel By students stories about her trip to Liberia, one of the poorest countries in the world and a place where girls have few rights and few options in life besides bearing children and keeping house.

“I won the gold medal at the world championship in Paris in 2003, but tripped in the 2004 Olympics. I was devastated. Touring Africa taught me that being a champion isn’t about medals, it’s about using my platform as an athlete to make positive changes for the girls who aren’t allowed to play sports. Girls can do what boys do if you try your best and become a responsible citizen.”

Founded in 2000 by four-time Olympic gold medallist Johann Olav Koss, Right To Play and its company of inspirational athletes has toured 330 schools across Canada this month. Taking its message to some 90,000 students nationally, the group is urging school-aged kids to play and develop the skills that they’ll need to change the world. By 2012, Right To Play had more than one million children worldwide in their play programs.

“Play has the power to transform a child’s life,” said Koss at Tuesday’s rally. “Every Canadian should take play for granted. It’s a fundamental right, one that teaches many life skills. But there are many places where children are not so lucky. We want to spread the message to girls, persons with disabilities, children with HIV, even child soldiers and refugees.”

Koss and Christian Paradis, the Canadian Minister of International Development and Minister for La Francophonie, presented Right To Play soccer balls to the school.

DENIS ARMSTRONG/METRO

Quoted

“Girls can do what boys do if you try your best and become a responsible citizen.”

Olympic hurdler Perdita Felicien

Two-time Olympian Perdita Felicien speaks to Emily Car Middle School students Tuesday. DENIS ARMSTRONG/METRO

Police probe mysterious road fatality in Nepean

Police investigate a possible hit-and-run in Nepean Monday.
MIKE CARROCCETTO/FOR METRO

Ottawa police were trying on Monday to determine whether an accident between a car and a pedestrian that left a man in his 60s dead was a hit-and-run.

The accident happened around 9 a.m. Monday near Dalecroft Crescent and Centrepointe Drive. Police aren’t sure what transpired, but they towed a black Ford Escape away from the scene — a vehicle they believe may have been involved in the fatal collision.

“We don’t know if it’s a hit-and-run or not yet,” said Ottawa police spokesman Cont. Marc Soucy.

Cops on the scene were inspecting the vehicle that was parked in a nearby driveway before they towed it away. The accident has left police scratching their heads.

The man was transported to hospital with serious injuries, but died later in the afternoon.

Police are urging anyone with information about the collision to contact the Ottawa police’s collisions unit at 613-236-1222, ext. 2481.

Meanwhile, a local walking-advocacy group plans to mark spots where pedestrians were killed, mirroring the “ghost bike” memorials to slain cyclists.

A plywood marker that looks like a traffic-light walk sign went up at Woodroffe Avenue to mark where an Ottawa woman was killed earlier this month. Les Whitney, acting chair of Walk Ottawa, says the group plans to mark every pedestrian death — like Monday’s incident in Nepean — from now on.

“It’s to raise awareness,” Whitney said. “We were profoundly impacted by the ghost-bike campaign. It was a shock that we had a second fatality in such little time.”

Whitney said that, although Ottawa streets are fairly safe, he still thinks things could improve with more sidewalks and streetlights.

He gave Ottawa a grade of B for pedestrian safety.

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Privatization. Premier rejects call to sell booze in convenience stores

Ontario's Liberal government will not allow corner stores to sell beer and wine, but will broaden their availability through specialty outlets and grocery stores, Premier Kathleen Wynne confirmed Tuesday.

"We have a terrific distribution network and we're going to continue to work with the LCBO to increase that distribution network," Wynne told reporters.

The Ontario Convenience Stores Association — which includes 7-11, Rabba and Mac's, as well as Petro-Canada, Imperial Oil and Canadian Tire — wants the law changed so they can sell local wines and craft beers.

It's time to modernize the province's alcohol retailing system, and corner stores have agreed to dedicate 30 per cent of their beverage shelf space to Ontario wines and craft beers, said association CEO David Bryans.

"This isn't about replacing the LCBO, the Beer Store or private wine stores," he said.

Boosting local sellers

"We're talking about adding to the system for the benefits of Ontario wineries, craft brewers and consumers alike."

Ontario Convenience Stores Association CEO David Bryans, on allowing convenience stores to sell alcohol

It's an issue that still divides Ontarians, said Wynne, with many people believing, like the government, that the LCBO is more socially responsible when it comes to keeping alcohol out of the hands of minors.

The government wants to expand the availability of Ontario beers and VQA wines in specialty stores, and will set up LCBO outlets in 10 grocery stores as a pilot project, but won't allow alcohol sales in corner stores, said Finance Minister Charles Sousa.

THE CANADIAN PRESS

Home Depot. Foundation pledges $10M to eliminate youth homelessness

Home Depot is pumping $10 million into a new project aimed at preventing homeless youth from becoming homeless adults by giving them chances to work on renovation projects and by funding shelters across Canada.

The Home Depot Canada Foundation announced the initiative Tuesday at the Youth Services Bureau of Ottawa (YSB), an organization that saw about 500 people under 24 use its emergency shelters last year. Stephen Harper's wife, Laureen Harper, and Candice Bergen, Canada's social development minister, helped make the announcement, which coincided with Canada's first National Conference on Homelessness held in Ottawa Tuesday.

In addition to matching homeless youth with employment opportunities, the money will also fund drop-ins, shelters and the infrastructure for permanent housing for youth.

Just recently, the YSB received funds from the foundation to upgrade its men's showers at the drop-in centre.

JOE LOFARO/METRO

Youth Services Bureau of Ottawa executive director Joanne Lowe, left, shakes hands with Candice Bergen, minister of state for social development, as Laureen Harper, second from right, looks on. JOE LOFARO/METRO

Police seeking info

Woman fends off Sandy Hill creep

Police are investigating an alleged sexual assault of a young woman in Sandy Hill early Sunday morning.

Police say the victim was walking on Chapel Street north of Laurier Avenue East when a man approached her. She struck him after he touched her inappropriately, police say.

The suspect fled and the woman was not injured.

The suspect is described as a black man in his early 20s, clean shaven, with short hair, a medium build, and was well dressed in jeans. JOE LOFARO/METRO

Sexual interference

Ottawa man gets six months in jail

An Ottawa man has been sentenced to six months in jail for molesting a three-year-old girl. Brandon Snippe, 21, pleaded guilty to one count of sexual interference in July. THE CANADIAN PRESS

Gatineau

Apartment fire forces evacuation of residents

About 100 people were evacuated Tuesday from a residence at 505 Boulevard De La Gappe, according to Gatineau Fire Dept. Chief of Operations Gilles Cardinal.

He said the fire started on a fifth-floor apartment, but he wasn't sure how. While the blaze wasn't hard to contain, Cardinal said the hard part was evacuating 100 residents, most of whom were senior citizens, in haste.

No one was injured in the fire, and the investigation is ongoing.

TREVOR GREENWAY/METRO

A Gatineau Fire truck sits outside 505 Boulevard De La Gappe, where a fire forced the evacuation of residents. TREVOR GREENWAY/METRO

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Harper: Paying Duffy's legal fees was no big deal

It's not unusual.
Yet Wallin, Brazeau say nobody offered to help them with their expenses

Stephen Harper answers a question in the House of Commons Tuesday.
ADRIAN WYLD/THE CANADIAN PRESS

Stephen Harper sees nothing wrong with the Conservative party using taxpayer-subsidized funds to pay disgraced Sen. Mike Duffy's legal expenses, insisting Tuesday there's nothing unusual about it.

"The party regularly reimburses members of its caucus for valid legal expenses, as do other parties," Harper told the House of Commons.

However, it seems the Conservative party didn't extend its largesse to all other senators accused of improperly claiming travel expenses or housing allowances.

Sen. Patrick Brazeau's office said no offer was made to pay his legal expenses. Terrence O'Sullivan, Sen. Pamela Wallin's lawyer, said the same.

"Sen. Wallin has received no assistance with her legal fees … from the Conservative party or anyone associated with the Conservative party," O'Sullivan said in an email.

All three are under investigation by the RCMP and are facing a bid to suspend them from the Senate. The suspension motions were tied in procedural knots Tuesday, making it unlikely they will be voted on before the Conservatives gather Thursday evening for a two-day national convention in Calgary.

Duffy disclosed Monday there were two cheques regarding his allegedly improper expenses: one for $13,560 from Conservative party lawyer Arthur Hamilton to cover his legal expenses, plus the $90,000 from Harper's former chief of staff, Nigel Wright, to enable him to reimburse the Senate.

Harper was grilled repeatedly Tuesday about Duffy's latest bombshell, shrugging off suggestions that Hamilton did anything wrong.

"This individual is not accused of anything," he said in response to a question from NDP Leader Tom Mulcair, who asked whether the prime minister intends to fire Hamilton.

"New Democrats tell us that we should fire or expel people on the flimsiest of allegations without, in some cases, any proof of anything against anybody," Harper said.

"Then when we determine that actions should be taken (against the three senators), the leader of the Opposition stands up and pretends these people are somehow victims of arbitrary actions." THE CANADIAN PRESS

Coffee, tea, BTC?

What is being billed as the world's first Bitcoin ATM is seen at a coffee shop in downtown Vancouver. The machine, which was to be unveiled on Tuesday, will allow consumers to exchange cash for the digital currency known as Bitcoins, commonly abbreviated to BTC. JONATHAN HAYWARD/THE CANADIAN PRESS

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U.S. intelligence chief backs spying on allies

The top U.S. intelligence director on Tuesday defended spying on foreign allies as necessary, and said such scrutiny of America's friends — and vice versa — is commonplace. Another official said the collection of phone records that prompted outrage across the Atlantic actually was conducted with the help of European governments.

Top intelligence officials testified that news reports that the National Security Agency had swept up millions of phone records in France, Spain and elsewhere were inaccurate and reflected a misunderstanding of "metadata" that was in fact collected by NATO allies and shared with the United States.

The nation's post-Sept. 11, 2001, surveillance programs are coming under increased criticism at home and abroad, capped by recent revelations that the NSA monitored German Chancellor Angela Merkel's cellphone and those of up to 34 other world leaders. Those reports relied on documents provided by former NSA analyst Edward Snowden.

President Barack Obama declined in an interview to say when he learned about the spying operations. THE ASSOCIATED PRESS FILE

Congressional leaders who have been staunch supporters of the NSA programs are now saying it is time for a close examination. The White House said Tuesday that President Barack Obama had ordered a full review of the programs and was considering changes.

THE ASSOCIATED PRESS

Spy games

National Intelligence Director James Clapper played down European allies' complaints about spying on their leaders, saying the allies do it, too.

- He said during his 50 years working in intelligence it was "a basic tenet" to collect, whether by spying on communications or through other sources, confidential information about foreign leaders that reveals "if what they're saying gels with what's actually going on."
- Committee chairman Mike Rogers asked whether allies had conducted the same type of espionage against U.S. leaders. "Absolutely," Clapper responded.

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Village leader Alexander Koropov points at rubble and garbage near a quarry close to Akhshtyr village in Sochi, Russia. The landfill outside Sochi, which will soon host the Olympics, is in the middle of a water-protection zone where dumping industrial waste is forbidden DMITRY LOVETSKY/THE ASSOCIATED PRESS

'Illegal' landfill in Sochi violates zero-waste pledge

Winter Olympics. Environmentalists claim 'unauthorized' waste site could taint city's water supply

Trucks rumble to the edge of a gigantic pit filled with spray cans, tires and foam sheets and dump a stream of concrete slabs that send up a cloud of limestone dust. Other trucks pile clay on top and a bulldozer mixes everything together in a rudimentary effort to hide the mess. This landfill outside Sochi, which will host the Winter Olympics in 100 days, is smack in the middle of a water protection zone where dumping industrial waste is banned.

As a centrepiece of its Olympic bid, Russia trumpeted a "Zero Waste" program that promised the cleanest games ever, saying it would refrain from dumping construction waste and rely on reusable materials. But on a visit last week to Akhshtyr, just north of Sochi, The Associated Press found that Russia's state-owned rail monopoly is dumping tons of construction waste into what authorities call an illegal landfill, raising concerns of possible contamination in the water that directly supplies Sochi.

Protected area

"Water from here will be contaminating Sochi's fresh-water springs for the next 10 to 15 years."

Vladimir Kimaev, member of the Environmental Watch on North Caucasus

The finding shows how little Russia has done to fulfil its ambitious green pledges. Its $51 billion budget for the Olympics contains no provisions for treating construction waste.

In a letter obtained by the AP, the Environmental Protection Agency in the area where Sochi is located told the Black Sea resort's environment council in late August that it had inspected the Akhshtyr landfill and found "unauthorized dumping of construction waste as well as soil from excavation works." The agency said it fined Russian Railways, whose Sochi project costs billions of dollars, $3,000 for the dumping. It didn't order the dump closed.

The EPA's Sochi representative visited the site earlier this month and insisted it was being cleaned up, villagers and activists who were present at that meeting said. The agency was unavailable for comment this week.

The main health concern surrounding the landfill is to the water supply.

Authorities confirm that Russian Railways operates the Akhshtyr dump without a licence — but it wouldn't be able to obtain one even if it tried. That's because the village lies in an area where dumping construction waste and soil is forbidden under the Russian Water Code. Moisture from the landfill seeps through porous karst rocks into underground springs that feed the nearby Mzymta River, which provides up to half the water supply in Sochi.

THE ASSOCIATED PRESS

700 Canadians Own Property in Ecuador!

WHY?

"*Because we can!*" responds Mario Rochefort, who recently purchased one of the 1600 home sites from the Canadian company HolaEcuador. "*With prices like that we can finally afford a property in the south.*"

"*Prices start at $15,000 for a lot and $55,000 for a nice little beach house. For $120,000 you can own a luxurious home that would easily cost $300,000 or more in Canada.*"

"*It's an ecological Canadian project, with all the amenities included. Electrical, water and sewage, internet, on-site security, pools, parks, tennis courts, and more – they really thought of everything,*" he adds, visibly proud of his acquisition.

But perhaps most attractive for property owners - **the ocean!** The project is situated on **one of the 3 most beautiful beaches** of Ecuador, directly in front of the "mini Galapagos" island in the Machalilla National Park. "*Property owners benefit from a half kilometer of private beach and enjoy the constantly warm and pristine waters of the Pacific Ocean – and without annoying algae or jelly-fish. It's one of the main reasons that we decided to develop at this location,*" says Yves Cormier and Gordon Poole, the Canadian co-owners of HolaEcuador.

One of the beautiful homes being built by HolaEcuador

benefit from a half kilometer of private beach and enjoy the constantly warm and pristine waters of the Pacific Ocean – and without annoying algae or jelly-fish. It's one of the main reasons that we decided to develop at this location," says Yves Cormier and Gordon Poole, the Canadian co-owners of HolaEcuador.

ECUADOR?

"*Ecuador has long been a well-kept secret, but tourism in the country is growing rapidly. It's the Costa Rica of 15 years ago,*" affirms Mr. Poole.

Ecuador has more than just beautiful beaches – it's perhaps the most bio-diverse country in the world! Within reach of a day trip are the Amazon rain forests and the incredible Andes mountain chain. And of course, the world famous Galapagos Islands.

All of this to offer, and with incredible infrastructure to boot. Gorgeous new highways (without potholes!), high-end, accessible healthcare, a secure and safe environment and an extremely low cost of living. In fact, Ecuador has the **lowest cost of living in all of the Americas!** A taxi in town costs only $1 and a daily lunch special in a seaside restaurant is rarely over $3.

From June through October 12,000 humpback whales come to play in the warm and safe waters directly in front of HolaEcuador's beachfront development.

HOW TO BECOME A PROPERTY OWNER?

"*It's very simple,*" says Mr. Rochefort. "*I saw an advertisement for an informational session in Metro News, I reserved a spot and I attended. The developers themselves were present and gave us all the information we needed. After the session, I requested a follow-up meeting with one of the HolaEcuador sales representatives at their office in Hull and a few weeks later I was the proud owner of my piece of paradise! In a couple of years I'll be building my dream home with HolaEcuador.*"

Goodbye snow, hello Pacific!

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Ouch! Banksy disses our architecture in rejected World Trade Center op-ed

Street-graffiti artist Banksy caused an uproar in the blogosphere on Monday when he wrote that the new World Trade Center is so bland, "it looks like something they would build in Canada."

He also shocked residents in New York by stating that the building is such a disaster that everyone who lost their lives on Sept. 11, 2001, could view this as a betrayal and an indication that "the terrorists won."

Banksy wrote the new World Trade Center is "like something they would build in Canada." THE ASSOCIATED PRESS

A posting on Banksy's website says the comments were contained in an op-ed piece he submitted to the New York Times and that the newspaper refused to print it.

Eileen Murphy, spokesperson for the New York Times, told the Metro newspaper in New York that "he did submit an op-ed and art. We couldn't agree on either the piece or the art, so we rejected it."

Murphy added, "What he has posted on his site is not exactly the same as what he submitted."

However, United Kingdom-based Banksy posted the piece on his website, imagining how it would look with a mockup of the New York Times's distinctive type and logo.

He titled his piece: "Shyscraper."

Banksy is currently in the midst of a high-profile "month in residence" series, creating an artwork each day throughout the streets of New York.

His 27th piece was, according to his website, "going to be an op-ed column."

TORSTAR NEWS SERVICE

Market Minute

DOLLAR 95.51¢ (-0.23¢)

TSX 13,440.61 (+68.77)

OIL $98.20 US (-48¢)

GOLD $1,345.50 US (-$6.70)

Natural gas: $3.64 US (-2¢)
Dow Jones: 15,680.35 (+111.42)

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PAST LIVES
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TAROT CARDS
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Rumour has it Nordstrom will take over the Sears space in Toronto's Eaton Centre. The flagship is one of five department stores Sears is getting rid of amid turnaround efforts. FRANK GUNN/THE CANADIAN PRESS

Struggling Sears shuts more stores

End of an era.

Department store is off-loading five outlets, including its flagship in Toronto's Eaton Centre

A new round of store closures by Sears Canada, which includes its flagship location in Toronto's Eaton Centre, has raised questions about the company's turnaround strategy and which American retailer will claim that coveted spot.

Sears said Tuesday it was selling the leases on five department stores, in a $400-million deal, which comes as the company pushes ahead with a broader effort to revamp its operations that will also see about 1,200 employees lose their jobs.

Let the guessing begin

"Nordstrom would be highly interested in (the Toronto Eaton Centre location)."

John Crombie, senior managing director of national retail services at Cushman and Wakefield, expects the U.S. high-end retailer will set up shop in downtown Toronto as it begins to enter the Canadian market.

The transactions amount to the biggest sale of leases since the company began to shed assets and cut jobs in an effort to revitalize its struggling operations amid intense competition.

Under the agreements, store leases for Sears locations at Sherway Gardens in Toronto, the Markville Shopping Centre in Markham, Ont., London-Masonville Place in London, Ont., and Richmond Centre in Richmond, B.C., will also be sold back to mall operator Cadillac Fairview and its partners.

THE CANADIAN PRESS

Team USA's clothing made in the U.S. this time

Team USA will now wear the Made in the USA label. Every article of clothing made by Ralph Lauren for the U.S. Winter Olympic athletes in Sochi, including their opening- and closing-ceremony uniforms and their Olympic Village gear, has been made by domestic craftsman and manufacturers.

During the 2012 games in London, it was a flashpoint in the media and among Washington politicians that much of the U.S. apparel was made overseas, especially in China.

Ralph Lauren Corp., which has been making most of the athletes' clothes since 2008 when it took over from Canadian clothier Roots, got the message.

"We have worked incredibly hard as a company to go across America to find the best partners to help us produce the Olympic uniforms," said David Lauren, the company's executive vice-president of advertising, marketing and corporate communications.

They used more than 40 vendors, from ranchers in the rural West to yarn spinners in Pennsylvania to sewers in New York's Garment District for the closing-ceremony outfits unveiled Tuesday. The ensemble includes a navy peacoat with a red stripe, a classic ski sweater with a reindeer motif and a hand-sewn American flag, and a tasselled chunky-knit hat.

Moving production to the U.S. was difficult, as it was hard to come by facilities that could create the quantity and quality needed for the Olympic uniforms and the versions that will be sold to the public, Lauren said.

THE ASSOCIATED PRESS

Apple co-founder

Boyhood home of Steve Jobs now historic property

The Silicon Valley home where Apple co-founder Steve Jobs grew up and built some of his first computers is now on the city's list of historic properties.

The historical commission in Los Altos, Calif., voted unanimously for the historic designation.

THE ASSOCIATED PRESS

Pink slips going to 300

BlackBerry moves ahead with job cuts

Another round of layoffs at BlackBerry's headquarters in Waterloo, Ont., will trim its staff by 300 employees, as part of a broader cost-cutting plan.

The smartphone maker said Tuesday the latest job cuts are included in an announcement from September when the company pledged to reduce its workforce by 40 per cent or about 4,500 people.

"We are in a period of transition and we must focus on enhancing our financial results to be in a better position to compete in this current mobile environment," company spokeswoman Rebecca Freiburger said in an email. "We recognize our local employees' hard work on behalf of our company and the difficulty of this news."

THE CANADIAN PRESS

Smells like trouble

City not so hot on Sriracha sauce, sues maker

The maker of Sriracha hot sauce is under fire for allegedly fouling the air around its Southern California factory.

The city of Irwindale filed a lawsuit Monday asking a judge to stop production at the Huy Fong Foods factory, claiming the chili odour emanating from the plant is a public nuisance.

City officials say residents have been complaining of burning eyes, irritated throats and headaches and that some people have had to leave their house to escape the smell. THE ASSOCIATED PRESS

DON'T BELIEVE EVERYTHING YOU THINK

JUST SAYIN'

Paul Sullivan
metronews.ca

Gather round, children and I will tell you a very scary story.

Come closer to the fire — it is cold and dark all around us and these … revelations … will make your skin crawl.

A new poll from Insights West shows that British Columbians are haunted by ghosts and spirits.

Sixty per cent believe in the afterlife and 48 per cent believe in ghosts. And if that's not spooky enough, 54 per cent believe in angels while 37 per cent believe in the devil.

Nearly 20 per cent claim to have been haunted. And we're not talking about what they did at last night's Halloween party.

If you think British Columbians are just whacked out on B.C. bud, that could be. But this poll is not so different from other surveys, including a recent one by the Huffington Post in which 64 per cent believed in the afterlife and 45 per cent in ghosts. A just-published U.K. survey found that an even higher number of Brits, 52 per cent of those polled, believe in ghosts. That could be explained by the fact that the poll was taken by the "Association for the Scientific Study of Anomalous Phenomena (ASSAP)." ASSAP president Lionel Fanthorpe believes that King Arthur was an alien who came to Earth to save us from other alien invaders.

Monty Python lives.

Despite the overwhelming evidence, I'm having trouble convincing myself that every second person reading this column really believes in ghosts. Not to mention the 60-plus per cent who believe in angels, or the one in four who dance with the devil.

Of course, there is not a single shred of scientific evidence supporting these beliefs. The Higgs boson, that elusive elementary particle, may have been an article of faith among physicists for more than a century. But now that there's data confirming its existence, we can believe in it. The jury is still (and always will be) out on the ghost of Uncle Harry.

Apparently, we haven't advanced much beyond the Dark Ages when everyone was addled by spirits and ghosts, angels and devils. In fact, you could make a convincing argument that at least half of us are still comfortably ensconced in the sixth century. Well, maybe not so comfortable. The castle is drafty and this wool jerkin itches like the, um, devil.

All this mumbo jumbo persists despite modern detecting equipment that can listen to the background hum of the big bang, find a galaxy more than 13 billion light years away, and track the path of an electron. There's nothing there, people. No ghosts, no angels, no alien Arthurians.

Of course, nothing I say will make any difference. People are more likely to believe in Beelzebub than in common sense. Common sense is no fun.

But I'll tell you one little secret, children. Trolls are real. Just check out the comment trail on this column in a couple of days if you don't believe me. Bwa-ha-ha.

ZOOM

Superstorm Sandy, 1 year later

MARK LENNIHAN/THE ASSOCIATED PRESS

N.Y. marks triumph over damage done

Tom Hammill places an American flag at a building site in the Breezy Point neighbourhood in the Queens borough of New York on Tuesday, a year after Superstorm Sandy struck. A firestorm spread across the beachfront neighbourhood during the storm, burning more than 100 homes, including Hammill's. Behind him are homes that are being rebuilt.

To mark Tuesday's anniversary, residents of coastal neighbourhoods in New York and New Jersey that suffered some of the worst flooding are honouring that terrible day in ways both public and private.

On Staten Island, residents will light candles by the stretch of waterfront closest to their homes at 7:45 p.m. in a "Light the Shore" vigil. Along the Jersey Shore, people plan to shine flashlights in a symbolic triumph over the darkness that Sandy brought.

THE ASSOCIATED PRESS

One of the worst storms

- The storm was blamed for at least 181 deaths in the U.S. — including 68 in New York and 71 in New Jersey.
- In New York City the storm surge hit nearly 14 feet, swamping the city's subway.

Clickbait

HANNAH ZITNER
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JOANNA BOURNE/FLICKR

Braingasm, despite the obnoxious nickname, is not the latest sex toy or coital craze, but a real* phenomenon taking over YouTube channels, sub-Reddits and radio stations across the web. Despite relatively few people actually having Autonomous Sensory Meridian Response, the sound-induced tingles that start in your head and slither down your spine, ASMR has made its mark online. For those who don't have it — and if you have to wonder, you don't — watching videos of pretty girls whisper as they caress hair brush bristles might make you feel like a creep. But, hey, at least now you'll know what everyone's talking about.

*Debatable. Science is still trying to figure it all out

GentleWhispering:
While not necessarily the Original Gangsta of ASMR, GentleWhispering is one of the most prolific. The blond, Eastern European whisperer has racked up more than 3.5 million views on one video alone.

Reddit:
r/ASMR is a safe for work hub of ASMR videos and discussion.

Note, redditors are not to post ASMR-like videos, so keep the music videos, Songza playlists (yes, there is an ASMR Songza list, which does not impress the ASMR purists) and the like off the boards.

Asmr.fm:
Community of ASMRers and ASMR'tists to share a wide range (hint, hint) of ASMR videos.

Twitter

@metropicks asked: A cellphone stopped a bullet that was fired at a store clerk. What do you wish your smartphone could save you from?

@MLHS_Mike: crippling self doubt? I think the new iOS update has something for that.

@Canucklehead_ca: Duck-face selfies. *sigh*

@Dennis2ride: our politicians

@Dennis2ride: MY BILLS

Follow @metropicks and take part in our daily poll.

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In Focus

McAdams' career in a temporal loop

IN FOCUS
Richard Crouse
scene@metronews.ca

When British author H.G. Wells created the term "time machine" way back in 1895, he could never have imagined the lasting impact his ideas of fourth dimension travel would have on the career of Rachel McAdams.

His book, The Time Machine, has been filmed twice for the big screen, but the ideas of shifting ripples of time have also inspired three very different movies starring the London, Ont., born actress.

This weekend she co-stars with Domhnall Gleeson and Bill Nighy in About Time as the present day girlfriend of a 21-year-old who uses his ability to switch time zones to learn information to woo her.

"I know I have a little bit of time travel in my past but this is different," McAdams says. "The element of time travel thrown in was unique and quirky and dealt with lightly."

Previously the Mean Girls star appeared as Clare Abshire in The Time Traveler's Wife, starring opposite Eric Bana playing a Chicago librarian with a genetic disorder known as Chrono-Displacement that causes him to involuntarily travel through time.

Rachel McAdams has a history around time machines. CONTRIBUTED

From the outset their relationship is a strange one. When they first meet she has known him since she was six years old, but because his syndrome flips him to random times in his life on an ever shifting timeline he is always meeting her for the first time. Confused?

Not as confused as Clare, who tries to build a life with Henry even though his ailment keeps them apart.

Based on a best-selling novel, it's a three-hankie story about love with no boundaries and how romance can transcend everything, even death.

In Woody Allen's Midnight in Paris it's Owen Wilson who jumps through time — finding himself transported back to 1920s Paris and hanging with F. Scott and Zelda Fitzgerald (Tom Hiddleston and Alison Pill), seeing Cole Porter sing at a party, drinking with Hemmingway — while McAdams stays put, bringing him back to reality, as his irritating present-day fiancée Inez.

But what about actual time travel? When she was asked by AOL if there was anything she would go back in time and change in real life, McAdams said, "I was a figure skater, so I would take back a lot of fashion choices on the ice. A lot of sequins. I would pull back on the sequins a little bit and maybe less blue eye shadow."

Arcade Fire's Haiti-inspired fourth album their most ambitious to date

New music. The highly anticipated disc from the musical innovators doesn't disappoint as the quality is only matched by the ambition of the effort

William Butler and Arcade Fire's new album Reflektor was recently released. ERIC KANYE/THE ASSOCIATED PRESS

It was spring 2011 when Arcade Fire — months from a stunning Grammy Award win for album of the year, which pretty much certified the Montreal band had climbed to the highest of rock's craggy peaks — went down to Haiti and got upstaged.

They were in Cange, a lush remote village positioned on the edge of Lake Peligre. They were there primarily to visit sites where Partners in Health was working to help in the aftermath of 2010's catastrophic earthquake. But they also played a couple shows — mostly tossing off cover songs — as an opener for the rasin (Haitian roots music) band Ram.

And those spirited gigs had a profound effect.

"We played and it was really fun," multi-instrumentalist Will Butler recalls in a recent telephone interview. "And then Ram came out and played and everyone came out and danced and it was this massive party. And it was out of control and amazing — not like, out of control like someone on coke was stabbing someone in the eye with a pen or anything. But out of control like six-year-olds and 95-year-olds were dancing and old ladies on crutches and stuff.

"It was just a real town-wide celebration. And we were like, 'Oh, it would be nice to be able to go to rural Haiti and play a show that people would really dance to.'

"That definitely set a challenge for us, which we took up on some of the songs," he added. "I want to be able to play this for a roomful of strangers in a different country, who have never heard Arcade Fire, and just have them dance to it."

And so the seeds were planted for Reflektor, the indie innovators' rather transformative, sprawling fourth disc that hit stores yesterday.

In particular, the trip triggered an interest in exploring traditional Haitian rhythms. They listened closely to a range of their rhythms, tasking the drummers with weaving their styles with the propulsive percussion work of New Order's Age of Consent, for instance, or analyzing the different way fills are dispensed. They made loops of those sessions, some of which wound up on Reflektor, some of which only served as "inspiration for further experimentation."

The unconventional rhythmic heartbeat of the record is the first thing that stands out — watch how the syncopated reggae strut of Flashbulb Eyes segues into Here Comes the Night Time, a thrilling mix of breakneck Haitian pounding and an easy tropical amble.

The scope of what they tried to tackle on Reflektor is hardly surprising — outsized ambition might have always been Arcade Fire's distinguishing quality.

THE CANADIAN PRESS

Reflektor

On the double-disc Reflektor, only four of 13 songs clock in under five minutes, with many stretching far beyond.

- **What to expect.** The first disc is giddily accessible at times, featuring several songs — distorted thrasher Normal Person, sun-drenched groover You Already Know and the stinging gallop Joan of Arc — Will Butler points out might have fit in on any of the band's records.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Jonas Brothers. ALL PHOTOS GETTY IMAGES

The Jonas Brothers confirm break-up rumours

The Jonas Brothers have officially broken up — as a band, not a family — just three weeks after canceling their fall tour due to "a deep rift within the band," the guys announced this week.

"It's over for now," says oldest brother Kevin.

Youngest brother Nick apparently voiced some concerns about the group's future, prompting the discussion that led to the break-up.

"I was feeling kind of trapped," he tells People magazine. "I needed to share my heart with my brothers."

But middle brother Joe says Nick wasn't alone in those feelings.

"It was a unanimous decision."

Getting out

"I was feeling kind of trapped. I needed to share my heart with my brothers."

Nick Jonas
Talking about the band's break-up

Twitter

@JuddApatow
I love that a lot of people are listening to Lou Reed today and it is blowing theirs minds. Remember music? Remember when it did that?

@Pink
If any of u have more experience on a bike than my husband, then I will listen to your opinions on how he should take my daughter for a ride. I can't promise I will care, but I will listen none the less.

@realjeffreyross
On Halloween morning I will host a seance on The View. Which dearly departed historical figures should I try and communicate with?

Brown catches a courtroom break

Chris Brown.

Chris Brown got at least a little good news during his most recent courtroom visit, as a Washington, D.C., judge reduced the felony assault charge against the singer for allegedly punching a man outside a hotel this weekend to a misdemeanor, according to TMZ. Brown was released from custody and is scheduled to return for a hearing on Nov. 25.

Derek Hough defends his sister

Derek Hough.

Dancing with the Stars regular Derek Hough is sticking up for his younger sister, Julianne Hough, after her eyebrow-raising decision to don blackface for Halloween, saying she is "mortified" at the backlash.

"She's so apologetic," he tells E! News. "She is just beside herself. Obviously it wasn't her brightest moment in her life, but hopefully we can move on."

The Word

Not a movie: Mr. and Mrs. Smith at war once again

Rumours of marital trouble for Will Smith and Jada Pinkett Smith are cropping up again, with sources telling Radar Online that the stars are living separate lives — and haven't appeared in public together since August.

Smith has been in New Orleans for work since mid-September and is expected to be there through next month, while Pinkett Smith has reportedly moved out of the family's home and is living with her brother, Caleb, in Calabasas, California.

Pinkett Smith seemed to be venting a bit at a recent charity event in Baltimore, telling the audience, "When you are going through a storm with your spouse … stop thinking about what you 'believe' a husband or wife should be," according to an attendee.

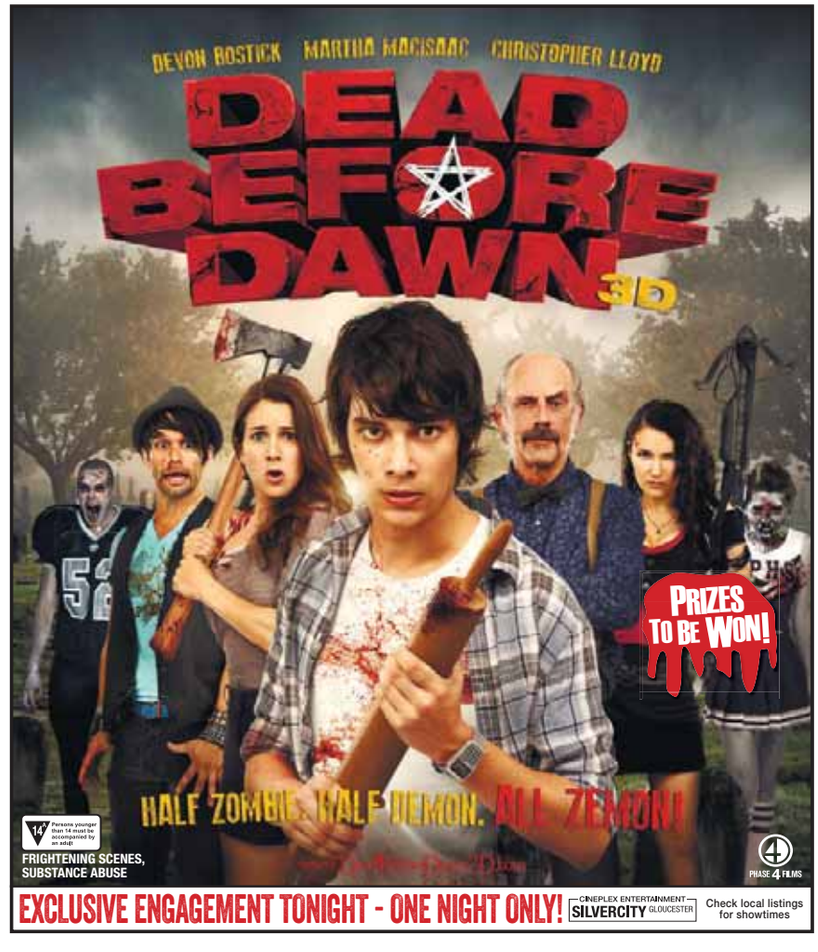
Quote

"I thought success would make me happy. It does not."

Jada Pinkett Smith.
Talking about her marriage and her life

"I thought success would make me happy. It does not."

When asked about the rumored trouble, Will's mother, Carolyn Smith, told the website, "Isn't that personal? Thank you for your concern."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Magens Bay is one of the top beaches in the Caribbean, with beautiful sand and a protected swimming area. Nice bar, too. ALL PHOTOS: JIM BYERS/METRO

Wanna soak up the sun?

Paradise. St. Thomas, U.S. Virgin Islands isn't too popular with Canucks — but with its offerings, it should be

JIM BYERS
@jimbyerstravel
jimbyerstravel.com

This part of the Caribbean doesn't get much attention from Canadians. But it's a fabulous destination with great holiday options.

Doing

You can reach gorgeous Magens Bay beach in less than 10 minutes from the cruise harbour. It's a long stretch nestled at the end of a deep, protected cove. Great for swimming and decent for snorkelling. Charlotte Amalie is a wild shopping town for duty free goods, with peddlers out front of jewelry shops and rum bars jostling for sun-baked tourists. Some shops allow you to bargain. Pretty shops like Laksa sell hand-made jewellery in shops along the cool alleyways in town; much more fun than the joints on Main St.

The views of Charlotte Amalie and the main harbour of St. Thomas are lovely from the Blackbeard's Castle complex.

Tour the hillside Blackbeard's Castle complex, which features gardens and a small fort-like building called the Sky Tower that dates to 1679. Haagensen House is not only a beauty to tour but is home to a few prints of impressionist master Camille Pisarro, who was born and raised here. Coral World features aquariums, a touch pond where kids can feel a starfish and a snuba service, where you can swim underwater for long periods with a breathing tube attached to an air tank on the surface; like scuba without the tank on your back.

Gladys Café is a fun spot in Charlotte Amalie with great local dishes and an array of jet fuel hot sauces for sale.

Sleeping

Blackbeards Castle is a comfortable, low-key spot with great views of Charlotte Amalie's harbour and its multitude of islands. Rooms go from as little as $98 a night, including a continental breakfast, free Wi-Fi and free tours of the Blackbeards Castle complex. All rooms have refrigerators and there's a pool on-site. The nearby Hotel 1829 is fun and a little closer to town but is currently undergoing renovations. Want something a bit more upscale? There's a lovely Ritz Carlton on a 30-acre piece of property in the east end, near the cruise terminal for trips to fabulous St. John. Rooms in November recently listed from $459 a night.

Dining

Just off Main Street, also known as Dronnigens Gade from the days when this was Danish territory, you'll find the superb Gladys Café. Brilliantly coloured local artwork rests on exposed stone walls of a 300-year-old building. The fresh passion fruit juice is amazing and they also serve jerked fish and fine curries. Sample one of the homemade hot sauces and buy a bottle to bring home. The restaurant A Room With a View is in the pretty Bluebeard's Castle hotel complex (so many pirates, so many castles) high on a hill, offering great food and a romantic setting with awesome harbour views.

Online

- **Visit.** visitusvi.com for more information.

Drinking

Sure, you can step off your boat and head to Senor Frogs with everyone else, but you really should try something with a bit more colour. Iggies is a funky bar/restaurant right on the beach at Bolongo Bay with a casual vibe. Touristy, but not nearly as bad as the places near the cruise ships. Even prettier is the outdoor bar at Magens Bay Beach, where you can buy rum drinks for a song and watch the young folks on the beach. Or catch the iguanas sunning themselves on the terrace.

Welcome to Wisconsin, where the 'Door' is always open

Point of view.
Door County juts out into Lake Michigan and boasts some stunning scenery

MEL BORINS
life@metronews.ca

Door County is the name given to a 112-kilometre-long finger of a peninsula that juts out into Lake Michigan just north of the city of Green Bay in the state of Wisconsin. It is an extremely popular vacation area because it has 480 kilometres of scenic coastline made up of a dozen picturesque small fishing villages, five state parks, 19 county parks and 53 Lake Michigan beaches.

There are plenty of things to do any time of year but the area is most popular in the spring, summer and in the colourful fall when the leaves are changing.

Residents of Chicago, Milwaukee, Madison and of course Green Bay use this area as their playground.

Fly into Green Bay and drive the hour and a half from the airport to the quaint village of Fish Creek. The Homestead Suites, located at the entrance to Peninsula State Park, offers easy access to all the activities of Door County.

The Door County Trolley offers a narrated scenic tour that helps visitors get an overview of the peninsula and the sites to see. Our dynamic and entertaining driver and tour guide Coach John Burns took us to great views in Peninsula State Park of Horseshoe Island and Eagle Panorama. His narration made the history come alive and it was a good introduction to Door County.

State park and lighthouses

If you are a hiking or biking enthusiast then I recommend visiting Peninsula State Park. Hike Eagle Trail or bike Sunset Trail for unforgettable landscape, 150 foot cliffs and beautiful forests. The park has boating, a beautiful golf course, good swimming, nature programs and campsites.

We also took an informative tour of the still functioning Cana Island Lighthouse, at Bailey's Harbour. One of 11 lighthouses in this county, it was built in 1869 and is still functioning as a beacon to nautical traffic on Lake Michigan.

Cherries, cheese and other cuisine

One of the things Door County is famous for is the cherry industry and it is one of the top cherry producing regions in the U.S. The county is packed with over 2,000 acres of orchards. We visited County Ovens a family owned company that produces Cherry De-lites and a wide range of cherry products made from the Montmorency tart cherry. Orchard Country Winery has some 8,000 trees on 100 acres of land and produces a large variety of wines and juices. You can have some fun sampling the various products from dry to sweet, pure fruit and grape varieties in addition to sparkling and spiced wines.

Door County is known for its 480 kilometres of scenic coastline.
MEL BORINS/FOR METRO

When I told people I was going to Wisconsin everyone said that they produce great cheese. Since I am lactase disabled I was not able to enjoy the famous cheeses. Cheese is such a big deal in this area that it seemed that almost every food item on the menus of the restaurants I visited seem to be made with cheese. Somehow I didn't starve. I highly recommend eating at the Northern Grill at Sister Bay for fine steak and seafood. A new restaurant, Grasse Grille, which was opened in the past year by owner and chef Jimmy Grasse, served good burgers and sandwiches and was packed when we visited.

Halloween trips

Tours in the crypt: Grave sites to visit

ON THE MOVE
Loren Christie
life@metronews.ca

Ghosts and ghouls aren't the only ones who lurk around cemeteries. Graveyards can be popular tourist attractions, offering intimate insights into a destination's history, personality and "former" residents. Here are five worth a look.

Halifax's Fairview Lawn Cemetery is the final resting place of 121 victims of the Titanic disaster, more than any other cemetery in the world. Take note of the worn-out trail of grass leading to the grave of J. Dawson, one of the Titanic's coal scuttlers. Despite the fact that the "J" stands for Joseph, adoring fans still pay homage to the grave, thinking it belongs to Jack Dawson, the main character of the movie Titanic, played by Leonardo DiCaprio.

Boston's Old Granary Burying Ground is part of the city's famous Freedom Trail, a walking path linking Boston's most historic sites. As the final resting place of American political icons such as Samuel Adams, John Hancock and Paul Revere, it gives visitors the chance to learn American history in a place of quiet contemplation.

Paris's Père-Lachaise Cemetery is home to a collection of celebrity corpses. The design of the cemetery's tombs, the intricacy of the carvings and inscriptions, and the remembrances that are still left today, say much about the personalities buried beneath. Irish writer and poet Oscar Wilde's grave, for example, is almost always adorned with fresh lipstick kisses; while Door's lead singer Jim Morrison's is surrounded by graffiti, wine bottles and scraps of poetry-filled paper.

New Orleans' St. Louis Cemetery No. 1 with its above-ground tombs is a haunting example of the Old World burial traditions practised by the city's early French and Spanish settlers. The tomb of Voodoo Queen Marie Laveau is shrouded in mystery, and has become a shrine for people hoping to be granted a wish. Visitors score her tombstone with Xs and often leave offerings of Dixie beer bottles filled with live cockroaches.

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On a roll! Tortilla Bites make you the host with the most, sans effort

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Use fresh, different colour large tortillas for this recipe.

If you can only find thin asparagus than use 12 not six.

Want to make these in advance? Roast the asparagus and immediately chill to stop the cooking process. They can be prepared up to a day ahead if wrapped well in plastic wrap and chilled. They're great for a large group of people.

Ingredients

- 6 medium-thick spears of asparagus
- 1/2 cup light (5%) ricotta cheese
- 1/4 cup softened light (25% reduced) cream cheese
- 1 tbsp light mayonnaise
- 2 tbsp chopped green onions
- 2 tbsp fresh lemon juice
- 1/2 tsp minced garlic
- pinch of salt and pepper
- 3 large flour tortillas
- 1 cup baby spinach leaves
- 3 oz sliced smoked salmon

1. Preheat the oven to 425 F (220 C). Place the asparagus on a baking sheet sprayed with vegetable oil. Bake for 8 minutes or just until bright green.

2. In a food processor, or in a bowl using an electric mixer, beat the ricotta, cream cheese, mayonnaise, green onions, lemon juice, garlic, and salt and pepper until smooth.

3. Spread cheese mixture evenly over the tortillas. Scatter the spinach leaves overtop. Place the smoked salmon on top of the spinach. Place 2 spears of the asparagus near the bottom of each tortilla. Roll up tightly, wrap in plastic wrap, and chill.

4. Cut each tortilla on the diagonal into 6 pieces.

Smoked Salmon and Roasted Asparagus Tortilla Bites

This recipe makes 18 servings. ROSE REISMAN

Drink of the Week

Avocado Mezcal Cocktail

- 1 avocado from Mexico, halved, pitted and peeled
- 6 oz (175 ml) white mezcal
- 6 oz (175 ml) lime juice
- 4 oz (125 ml) light agave nectar
- 3 oz (90 ml) Midori
- 2 oz (60 ml) Cointrea
- 2 cups (500 ml) ice
- Garnish: Junior Merino's Cactus & Lemongrass Rimmer and avocado wedges

In a blender, combine all ingredients, except ice. Whirl until combined. Add 2 cups (500 ml) of ice and blend until smooth.

Serve in a glass rimmed with Junior Merino's Cactus & Lemongrass Rimmer.

Garnish with avocado wedge pressed in Junior Merino's Hibiscus Rose Rimmer.

COURTESY OF MISSAVACADO.CA

Barley alle vongole? Grain replaces spaghetti in this dish

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

1. In a small saucepan over medium heat, combine the bread crumbs and 1 teaspoon of the oil. Cook, stirring constantly, until golden brown, about 2 to 3 minutes. Set aside to cool.

2. Meanwhile, in a large saucepan or Dutch oven over medium, heat the remaining 2 tablespoons of oil. Add the onion and fennel, reduce the heat to medium-low and cook, stirring occasionally, until softened, about 5 minutes. Add the garlic and red pepper flakes and cook, stirring, for 1 minute.

3. Add the wine, tomatoes and clams, cover tightly and increase heat to high. Cook for 5 to 7 minutes, checking now and again and transferring the clams as they open to a bowl. Discard any clams that don't open.

4. Add the barley to the clam liquid left in the saucepan and heat over medium, stirring, for 3 minutes. Return the clams to the pan and cook, stirring, until they are heated through. Ladle the mixture into 4 pasta or soup bowls and top each portion with a quarter of the sautéed bread crumbs and parsley.

THE ASSOCIATED PRESS

Ingredients

- 3 tbsp dry bread crumbs, preferably Italian-style
- 2 tbsp plus 1 tsp extra-virgin olive oil, divided
- 1 cup finely chopped yellow onion
- 1 1/2 cups medium chopped fresh fennel
- 1 tbsp minced garlic
- 1 tsp red pepper flakes
- 1/2 cup dry white wine
- 1 1/2 cups cherry tomatoes
- 3 dozen littleneck clams, scrubbed well
- 3 cups cooked pearl barley
- 1/3 cup chopped fresh flat-leaf parsley

Dinner. Spicy Shrimp and Haddock Stew

1. In saucepan over medium-high, heat the olive oil. Add potatoes, onion, garlic, thyme, paprika, red pepper flakes and fennel seeds. Cook, stirring often, until onion is softened, 5 minutes.

2. Add celery, tomatoes (and any juice in can), clam juice and water. Bring to simmer, reduce heat to low and cook 30 minutes, or until the potatoes are tender.

3. Add shrimp and haddock, and increase heat slightly to maintain a simmer. Cook 5 minutes, or just until shrimp are pink and haddock flakes easily. Stir in parsley, dill and lemon juice, season with salt and pepper. THE ASSOCIATED PRESS

Ingredients

- 2 tbsp olive oil
- 2 russet potatoes, diced
- 1 large yellow onion, diced
- 4 cloves garlic, minced
- 1 tsp dried thyme
- 1/2 tsp smoked paprika
- 1/4 tsp each red pepper flakes and fennel seeds, lightly crushed
- 2 stalks celery, chopped
- 15-oz can diced tomatoes
- 8-oz bottle clam juice
- 2 cups water
- 1 lb raw, shelled extra-large shrimp
- 1 lb haddock, cut in chunks
- 1/4 cup chopped fresh parsley
- 1 tbsp chopped fresh dill
- 1 tbsp lemon juice
- Salt and ground black pepper

Of perks and petroleum: an industry that brings you a barrel of options

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TalentEgg.ca

Variety is one of the most remarkable qualities offered by careers choices in the oil and gas industry.

There's something for everyone, whether you're beginning your first career or starting a new one. With opportunities for work indoors and outdoors, physical and creative tasks, and even detailed or big-picture work, the oil and gas industry can accommodate every disposition and personality.

Besides variety, there's also opportunity. Petroleum products play a central part in the average person's daily life, which means strong and steady growth in the oil and gas industry is a sure thing.

A little research into the oil and gas industry confirms that the people are what make it all possible.

The big picture

Many roles in the oilsands workforce involve work in the field.

According to the latest report by the Petroleum Human Resources Council, one of the most in-demand positions in the oil and gas industry over the next decade will be the power engineer role, responsible for the safe and efficient operation and maintenance of industrial equipment of in-situ and upgrading operations.

Positions for heavy equipment operators and heavy-duty equipment mechanics (who maintain and repair engines and engine support systems) will also be quite popular.

If you're interested in work that is tangible, applied and hands-on, these positions are a great avenue to consider, as you'll be well-positioned to fulfill a key support role in keeping the oil and gas industry up to speed.

However, it's a common misconception that a career in the oil and gas industry means only one kind of work.

Safety drill

It's important to recognize that safety is a key value in the oil and gas industry

- With so many people working in hands-on roles, it's imperative that employers in oil and gas go above and beyond the norm to achieve the highest safety standards.
- Canada's oil and gas industry has an excellent safety reputation worldwide – one backed by a proven track record of excellence ensuring a safe workplace.
- A 2011 study conducted by Work Safe Alberta found that the oil and gas industry has the fewest lost-time claim and injury rates when compared to other labour-intensive fields like construction and transportation.

While there's no one particular set of skills that ensure success in the oil and gas industry, some commonly valued attributes include a good work ethic, positive attitude, teamwork-oriented disposition, a desire to learn and grow, and a high level of adaptability. ISTOCK

More than one kind of job

The Petroleum Human Resources Council report indicates that the oil and gas industry is on track for steady and significant growth in the next decade and will need more than 30,000 new employees.

This future growth potential creates a field of opportunity for professional roles that you might have overlooked!

While many of these roles are for skilled trades and technical roles one might typically associate with the oil and gas industry, it's important to recognize that work in this field includes opportunities for a diverse range of skillsets.

For example, the report found that there will be significant growth in opportunity for employees in human resources, a field which makes up roughly 15 per cent of the oil sands workforce.

There will also be opportunities for diverse number of careers, like environmental technicians and inspectors, public relations and communications, and supply chain roles in shipping, receiving, management, purchasing and inventory and more.

These fields not only offer different kinds of working environments and responsibilities, they also accommodate different educational backgrounds, which means that finding the right oil and gas career has never been easier.

Though much oil and gas industry growth will take place in the western provinces, there are also opportunities for careers in oil and gas in Ontario, Newfoundland and Labrador, Nova Scotia, Manitoba and Quebec.

This is great news if you're apprehensive about relocation.

A real lifestyle

The oil and gas industry also accommodates a variety of lifestyles. While many positions involve working outdoors, that doesn't mean you'll be leaving all indoor comforts behind. When oil and gas extraction sites are found in remote areas, most workers reside in camps set apart from work locations. A number of these offer gym amenities, coffee shops, satellite television and internet.

Some positions require workers to fly in and out of work sites by helicopter, meaning that your commute to work will always be exciting!

Other work sites are a brief commute from nearby towns and cities, where industry workers have access to shopping centres, entertainment and thriving nightlife.

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Expert advice on how to make a successful go of your study time

BRUCE WALSH
Metro World News

Developmental psychologist Donald J. Foss has been studying the mental gymnastics of learning comprehension for more than three decades. His latest book — Your Complete Guide to College Success: How to Study Smart, Achieve Your Goals, and Enjoy Campus Life — is an attempt to put accepted psychological research on learning into plain language for every post-secondary student. We asked him for his insight on learning styles, study habits and slogging through obstacles.

What's the biggest misconception students have about studying?

If there's one thing we know about studying, it's that comprehension increases when you break it up over a long period of time. The best way to retain information is to study in small chunks, interwoven with other tasks. Yet, students are usually resistant to that idea. They don't like continually warming up to the topic. Most people would rather learn in one long sitting.

When it comes to studying, are there different learning styles?

Yes. But I think that's overemphasized. You hear a lot students say, 'The material isn't being presented in my learning style.'

And that may be true, but that's not a very good predictor of how students do in any given class. It's pretty clear there are some best practices that seem to work for just about every style of learning.

Was cramming for this exam the best way to go? ISTOCK

Pack mentality

What makes a good study group?

- If you can be honest with each other about how well you know the material, you're putting yourself on better footing than most students.
- I find most students think they truly know the material as long as they can recognize the information. But that's like just humming a tune when your job is to sing a song with lyrics and melody. If you can't explain the material to each other, it's better to find that out in the group than on exam day.

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RENEWAL OF PERFORMANCE MANAGEMENT

The concept of performance management has recently seen renewed interest in many organizations seeking to reduce costs and improve the quality of their outputs. This renewal is driven by the hypercompetitive nature of global markets and, in the public sector, the continued need to improve the value delivered to citizens while simultaneously reducing costs.

Let's first understand that performance management (PM) often refers to two systems. The first is individual PM, the domain of goal setting, performance appraisals, career development and compensation planning. The second is organizational performance, which includes aspects such as planning, measuring and improving organizational activities.

At the individual level, the building blocks of PM have not changed much since the dawn of the modern organization. It's still about setting clear personal objectives, providing solid feedback, and coaching employees to enable high performance.

At the organizational level, a marketplace of performance improvement techniques has emerged over the past 30 years, arguably started by publication of the book In Search of Excellence by Tom Peters and Robert Waterman in 1982. The basics of organizational performance management, however, have been more or less the same — establish clear goals, measure results, and use these measures to improve performance.

CONTRIBUTED

What we draw from the above is that individual and organizational performance management are closely linked. We use organizational goals to set individual objectives. We use organizational performance measures to provide feedback to individuals that help them to perform more effectively in the future. We also recognize that, despite the innovations in organizational performance management techniques over the past few decades, the fundamentals are deceptively simple and have been with us for more than 100 years. The enduring question is — why does it seem so hard for many organizations to get it right?

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Rose in bloom with start of NBA's regular season

Bulls guard Derrick Rose drives to the basket past the Heat's Mario Chalmers on Tuesday night in Miami. As part of the NBA's opening-night festivities, the Heat raised their championship banner before the game. Also on Tuesday, the Pacers beat the Magic 97-87 and the Clippers took on the Lakers in a battle for Los Angeles supremacy. Go to metronews.ca for results from opening night. MIKE EHRMANN/GETTY IMAGES

Raptors in tough to begin new season

NBA. Toronto looks to avoid last year's poor start, but faces a number of perennial contenders early on

Masai Ujiri took one look at the Toronto Raptors' early season schedule, cringed, and then never looked at it again.

It isn't pretty.

The Raptors open the regular season Wednesday night against the visiting Boston Celtics, and will do anything to avoid a repeat of last season's horror show that saw them stumble out of the blocks to a 4-19 start.

Quoted

"We've got to outscrap and outfight anybody we go against. That's what I've got written down on a piece of paper in my mind."

Raptors coach Dwane Casey hopes to create a tough team identity.

But it won't be easy. Among Toronto's early opponents: two-time defending NBA champion Miami Heat, plus Houston, Memphis, Chicago and Brooklyn.

"It's challenging," said Ujiri, who surely wouldn't mind a strong start to his first season as Toronto's general manager. "But you know what? I think it was Larry Bird who said, you check the schedule, 41 at home, 41 away. It's even. We have to play, doesn't matter how tough it is."

The Raptors went .500 over the second half of the 2012-13 campaign, but it wasn't enough to salvage the season.

"We definitely remember that start. I remember it, and I wasn't even here," Rudy Gay said, laughing. "We definitely have that in the back our minds."

Coach Dwane Casey, who many believe was lucky to survive that horrible start, said the schedule isn't as brutal as it was last year, but it's still "no joke."

But he's taking the approach that the tough early schedule could be good for the team.

"We have to be mentally prepared to face adversity, that's a part of being mentally tough is facing adversity and looking it in the eye and accepting it and accepting the challenge," he said.

The Raptors have familiarity on their side — last season three of their five starters were new. This year, all five starters are returnees — Gay, Kyle Lowry, DeMar DeRozan, Amir Johnson and Jonas Valanciunas.

THE CANADIAN PRESS

Penn State scandal

Paterno family seeks reversal of NCAA sanctions

A hearing on a lawsuit filed by the family of longtime Penn State football coach Joe Paterno began Tuesday as his relatives seek to reverse the NCAA's penalties against the school over the Jerry Sandusky child sex abuse scandal.

The Paterno family contends the NCAA violated its own rules in imposing the sanctions, which resulted in, among other things, Paterno no longer being officially recognized as the Division I coach with the most wins, at 409.

THE ASSOCIATED PRESS

Oscar Pistorius

Charges added to murder trial

Prosecutors accusing Oscar Pistorius of premeditated murder will add two more charges believed to relate to firing guns in public to the indictment against him, apparently to show another side to the inspiring double-amputee Olympian: Reckless and trigger-happy.

Pistorius now faces charges of murder, illegal possession of ammunition and two other counts of breaking South Africa's firearms laws in his trial in March. THE ASSOCIATED PRESS

NHL

Sabres still paying for traded player

The Buffalo Sabres aren't done paying forward Thomas Vanek.

In trading their top scorer to the New York Islanders, the Sabres agreed to pick up 19.5 per cent of what's left of the $6.4 million Vanek is still owed in the final year of his contract, a person familiar with the deal confirmed on Tuesday.

THE CANADIAN PRESS

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Swinging for the fences and a championship

Hot bat. Big Papi enters Game 6 hitting .773, on the brink of clinching World Series

The banner hangs from a light pole on the sidewalk outside Fenway Park.

It's a profile of David Ortiz with that infectious smile and the words "OCTOBER BASEBALL" beneath it.

He is, literally, the face of the Red Sox franchise.

This is, once again, his time of year.

"I don't think you could ever ask for more out of an individual than what he does on and off the field," Boston ace Jon Lester said. "The guy's got a heart of gold."

And a bat that keeps smacking balls past fielders and over fences.

One win from his third championship in 10 years, Ortiz will take a .733 World Series batting average into Game 6 on Wednesday night against the St. Louis Cardinals. Only Billy Hatcher did better in a single series, .750 in 1990 for the Cincinnati Reds when they swept the Oakland Athletics.

Oritz has one-third of Boston's hits against the Cardinals. The rest of the team is batting lowly .151. MATT SLOCUM/THE ASSOCIATED PRESS

But such World Series displays are nothing new to the only player left from the team that won the Red Sox their first championship in 86 years.

St. Louis saw that on Ortiz's first at-bat of the 2004 Series when he hit a three-run homer in Boston's 11-9 win. He batted .308 in a four-game sweep.

The Colorado Rockies saw it in 2007 when he went 3 for 5 in a 13-1 rout in Game 1. That time, he hit .333 in another sweep.

Now, he enters the potential clincher with 11 hits in 15 at-bats in this Series. He has two homers, two doubles, six RBIs, five runs and four walks.

Ortiz has one-third of Boston's hits against St. Louis, while the rest of the Red Sox are batting .151.

"I was born for this," he said. "We've got the best baseball fans and we enjoy this. Hopefully, this will get over tomorrow and they'll get to enjoy it like they always do. Party time."

THE ASSOCIATED PRESS

NHL

Kobasew joins other Pens players on injured list

Pittsburgh Penguins forward Chuck Kobasew is out for at least three weeks with a lower body injury.

Coach Dan Bylsma says Kobasew was hurt in the first period of Monday's 3-1 win over the Carolina Hurricanes.

Kobasew's injury came one game after the Penguins lost defenceman Rob Scuderi with an ankle injury that will require surgery.

The Penguins are already playing without forward James Neal (upper body), forward Beau Bennett (undisclosed injury) and goaltender Tomas Vokoun. Vokoun is out until at least January while he recovers from a blood clot.

Pittsburgh forward Brandon Sutter did not practice on Tuesday. His status for Wednesday's game against Boston is unclear. THE ASSOCIATED PRESS

NHL

Flames captain out with broken ankle

Captain and No. 1 defenceman Mark Giordano is out for six to eight weeks with a broken ankle. He took a shot off the right ankle in the second period of a road game against the Los Angeles Kings on Oct. 21.

"It's brutal," Giordano said. "You don't want to miss any time, but if you have to you're hoping it's something not as significant as that time frame."

THE CANADIAN PRESS

Calgary Flames captain Mark Giordano.
JEFF MCINTOSH/THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	11	8	3	0	39	31	16
Toronto	12	8	4	0	40	30	16
Boston	10	7	3	0	30	17	14
Montreal	12	7	5	0	35	22	14
Detroit	12	6	4	2	27	33	14
Ottawa	11	4	5	2	30	32	10
Florida	12	3	7	2	26	42	8
Buffalo	14	2	11	1	23	41	5

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	12	8	4	0	38	29	16
N.Y. Islanders	11	4	4	3	35	36	11
Carolina	12	4	5	3	26	36	11
Columbus	11	5	6	0	31	29	10
Washington	12	5	7	0	34	38	10
New Jersey	11	2	5	4	24	36	8
Philadelphia	10	3	7	0	18	27	6
N.Y. Rangers	10	3	7	0	15	35	6

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	11	10	1	0	35	16	20
Chicago	12	7	2	3	39	33	17
Minnesota	13	6	4	3	30	31	15
St. Louis	9	6	1	2	35	23	14
Nashville	12	6	5	1	23	32	13
Winnipeg	13	5	6	2	32	37	12
Dallas	11	5	5	1	30	34	11

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	12	10	1	1	48	20	21
Vancouver	14	9	4	1	41	39	19
Anaheim	12	9	3	0	39	31	18
Phoenix	12	7	3	2	40	39	16
Los Angeles	12	8	4	0	35	30	16
Calgary	11	5	4	2	34	39	12
Edmonton	13	3	8	2	36	50	8

Note: Two points for a win, one point for an overtime/shootout loss.

Tuesday's results
Dallas at Montreal
Anaheim at Philadelphia
N.Y. Rangers at N.Y. Islanders
Tampa Bay at New Jersey
Ottawa at Chicago
Winnipeg at St. Louis
Toronto at Edmonton
Los Angeles at Phoenix
Monday's results
Chicago 5 Minnesota 1
Dallas 4 Buffalo 3
Montreal 2 N.Y. Rangers 0
Pittsburgh 3 Carolina 1
Vancouver 3 Washington 2
Wednesday's games
All Times Eastern
Toronto at Calgary, 8 p.m.
Boston at Pittsburgh, 8 p.m.
Detroit at Vancouver, 10:30 p.m.
San Jose at Los Angeles, 10:30 p.m.

NBA

REGULAR SEASON

Tuesday's results
Orlando at Indiana
Chicago at Miami
L.A. Clippers at L.A. Lakers
Wednesday's games — All Times Eastern
Miami at Philadelphia, 7 p.m.
Brooklyn at Cleveland, 7 p.m.
Boston at Toronto, 7 p.m.
Milwaukee at New York, 7:30 p.m.
Washington at Detroit, 7:30 p.m.
Charlotte at Houston, 8 p.m.
Indiana at New Orleans, 8 p.m.
Orlando at Minnesota, 8 p.m.
Atlanta at Dallas, 8:30 p.m.
Memphis at San Antonio, 8:30 p.m.
Oklahoma City at Utah, 9 p.m.
Portland at Phoenix, 10 p.m.
Denver at Sacramento, 10 p.m.
L.A. Lakers at Golden State, 10:30 p.m.

MLS

PLAYOFFS

KNOCKOUT ROUND
(single-game elimination)
WESTERN CONFERENCE
Wednesday's game — All Times Eastern
Colorado at Seattle, 10:30 p.m.
EASTERN CONFERENCE
Thursday's game
Montreal at Houston, 8:30 p.m.

CFL

WEEK 19

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Toronto	17	11	6	0	487	435	22
x-Hamilton	17	9	8	0	416	461	18
x-Montreal	17	7	10	0	436	451	14
Winnipeg	17	3	14	0	354	548	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Calgary	17	14	3	0	542	387	28
x-Saskatchewan	17	11	6	0	493	368	22
x-B.C.	17	10	7	0	478	454	20
Edmonton	17	3	14	0	391	493	6

x — clinched playoff berth.
y — clinched division.
Friday's games — All Times Eastern
Montreal at Toronto, 7 p.m.
Calgary at B.C., 10 p.m.
Saturday's games
Hamilton at Winnipeg, 2 p.m.
Edmonton at Saskatchewan, 5 p.m.
(End of Regular Season)

NFL

WEEK NINE

Thursday's game — All Times Eastern
Cincinnati at Miami, 8:25 p.m.
Sunday, November 3
New Orleans at N.Y. Jets, 1 p.m.
Tennessee at St. Louis, 1 p.m.
San Diego at Washington, 1 p.m.
Kansas City at Buffalo, 1 p.m.
Minnesota at Dallas, 1 p.m.
Atlanta at Carolina, 1 p.m.
Philadelphia at Oakland, 4:05 p.m.
Tampa Bay at Seattle, 4:05 p.m.
Pittsburgh at New England, 4:25 p.m.
Baltimore at Cleveland, 4:25 p.m.
Indianapolis at Houston, 8:30 p.m.
Monday, November 4
Chicago at Green Bay, 8:40 p.m.

MLB PLAYOFFS

WORLD SERIES
(BEST-OF-7)

BOSTON (AL) VS. ST. LOUIS (NL)
(Boston leads series 3-2)
Monday's result — Boston 3 St. Louis 1
Wednesday's game — All Times Eastern
St. Louis (Wacha 4-1) at Boston (Lackey 10-13), 8:07 p.m.

DRIVE 5

The 2014 Kia Forte

ALL PHOTOS WHEELBASEMEDIA.COM

2014 Kia Forte

- **Type.** Four-door, front-wheel-drive mid-size sedan
- **Engines (hp).** 2.0-litre DOHC I4 (173); 1.6-litre DOHC I4, (201)
- **Transmissions.** Six-speed manual (std.1.6); six-speed automatic (std. 2.0, opt. 1.6)
- **Base price (ind. destination)** $21,500

Design

Kia's design team, headed by ace shape-maker Peter Schreyer, has added to the wagon's aggressive nature by reducing the rear body overhang several centimetres, while pushing the left and right wheels as far apart as possible. The overall effect is that of an attractive Euro-style sport wagon.

Luxury class extras

In addition to the more commonplace power-operated sunroof and touch-screen navigation system, you can order leather-covered seats with front and rear cooling and ventilation, a 10-way power driver's seat with memory presets, a heated steering wheel and high-intensity discharge headlights.

Review. Quality Korean export goes way beyond simply being practical

MALCOLM GUNN
wheelbasemedia.com

Small cars such as the Kia Forte are at their best when they are shaped in the most practical body style possible. Not everyone subscribes to this postulation, which is why Kia and other automakers make sedan as well as hatchback or wagon versions of their compact automobiles.

For maximizing a minimal amount of space, especially with the rear seats folded down, the Kia Forte5 can literally work wonders by providing more passenger and cargo room than its sedan relation. The front-wheel-drive compact wagon also does it with more style, beginning with the front end where an aggressive-looking open-mouth nosepiece replaces the Forte sedan's more traditional grille, which is different again from the 2014 Forte Koup.

As well, the wagon has been given a suspension setup that's tuned for sportier handling.

The Forte5's interior isn't quite as dramatic, but at least the dashboard and control panel appear intelligently laid-out, including large and easy-to-read gauges plus a generously sized display screen for the optional navigation system. For passengers, especially those in the rear seat, the wagon's five-centimetre stretch between the front and rear wheels provides some extra legroom.

Adding to the sport-wagon theme is a pair of stout little powerplants.

The starting-point EX runs with a 2.0-litre four-cylinder that produces 173 horsepower and 154 pound-feet of torque. The sportier side of the Forte5's demeanor is demonstrated with the up-level SX's turbocharged 1.6-litre four-cylinder that pumps out 201 horsepower and 195 pound-feet of torque. Both engines use direct injection, whereby fuel is sprayed directly into the cylinders under extremely high pressure and not through the intake manifold.

The turbo engine makes 201 horsepower and while not really a rocket, it provides a little extra passing punch when it's most needed.

Most automakers are adopting direct injection as a way to increase power (important on small-displacement engines) while reducing fuel consumption and curbing emissions.

Kia (and its Hyundai parent) has so far resisted the growing shift to continuously variable transmissions that appears to be spreading throughout the industry. A traditional six-speed automatic is your only choice with the 2.0, while the turbo 1.6 can be ordered with a six-speed manual gearbox as well as an available six-speed automatic.

Compare

1 Ford Focus hatchback
Base price: $21,250

2 Mazda3 Sport GX
Base price: $17,700

3 Subaru Impreza 2.0i
Base price: $22,500

Ford

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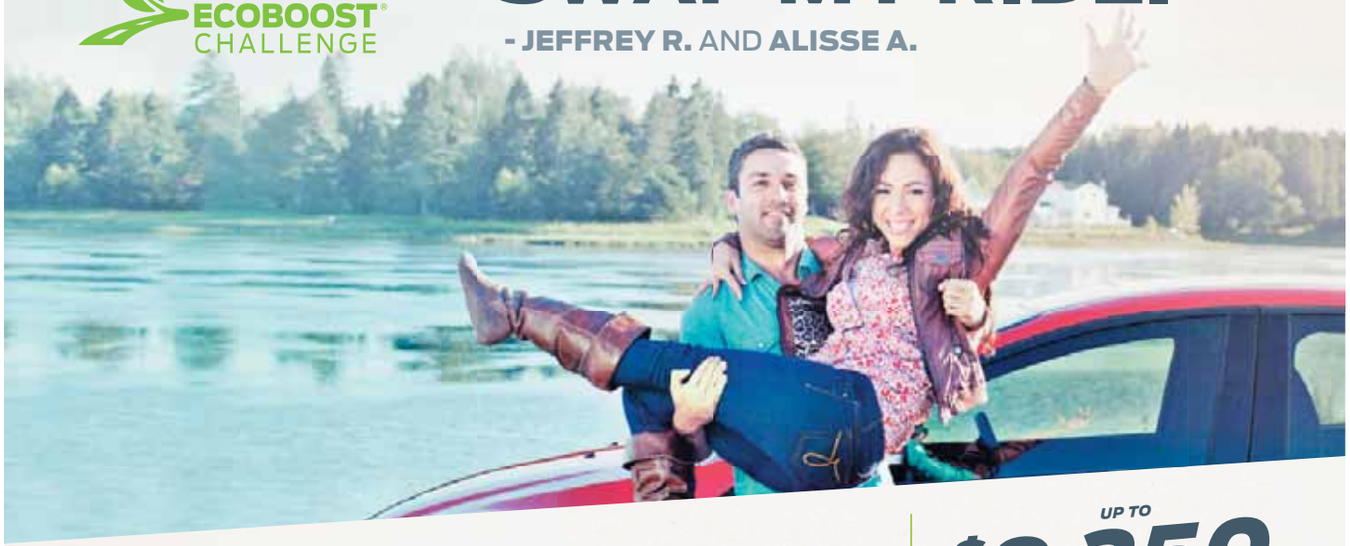

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2013 **FIESTA** S

2014 Fiesta SE model shown

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5.2L/100km **54MPG** HWY†† / 7.4L/100km **38MPG** CITY††

2013 **FOCUS** S

PURCHASE FINANCE FOR **$99**** @ **0.99%**APR

Bi-weekly for 84 months with **$0** down.

OR OWN FOR ONLY **$17,348***

Offer excludes taxes.

5.5L/100km **51MPG** HWY†† / 7.8L/100km **36MPG** CITY††

2014 **ESCAPE** S

PURCHASE FINANCE FOR **$148**** @ **2.49%**APR

Bi-weekly for 84 months with **$0** down.

OR OWN FOR ONLY **$24,888***

Offer includes $750 Winster Safety Package cash alternative and $500 in manufacturer rebates. Offer excludes taxes.

6.3L/100km **45MPG** HWY†† / 9.5L/100km **30MPG** CITY††

2013 **F-150** XLT SuperCrew 4x4

LEASE FOR ONLY **$399***** @ **1.99%**APR

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OR OWN FOR ONLY **$31,858***

Offer includes **$9,250** in manufacturer rebates. Offer excludes taxes.

10.6L/100km **27MPG** HWY†† / 15.0L/100km **19MPG** CITY††

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Example: $25,000 purchase financed at 0% APR for 48/60/72 months; monthly payment is $520.83/$416.66/$347.22, cost of borrowing is $0 or APR of 0% and total to be repaid is $25,000. Down payment on purchase financing offers may be required based on approved credit from Ford Credit. Taxes payable on full amount of purchase price. ††Until December 2, 2013, Purchase a new 2014 Escape S FWD/2014 Fiesta S Hatchback/2013 Focus S Sedan / 2013 F-150 XLT SuperCrew 4x4/ 2013 F-150 SuperCrew Platinum 4x4 5.0L for $[$24,888/$16,058]/ [$17,348/ $31,858/$48,080] after Manufacturer Rebate of [$500/$0]/[$0/ $9,250/ $9,250] and Winter Safety Package cash alternative of [$750/$0/$0/$0] deducted. Taxes payable on full amount of purchase price after total manufacturer rebate has been deducted and after Winter Safety Package cash alternative has been deducted. Offers include freight and air tax but exclude administration and registration fees of up to $799, fuel fill charge of up to $120 and applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. Delivery Allowances are not combinable with any fleet consumer incentives. ‡‡Limited time offer. Eligible Costco members receive $1,000 Costco Shop Card on purchase or lease of new 2013 Focus S Sedan models, 2.49% APR purchase financing on new 2014 Escape S FWD models, $750 Winter Safety Package cash alternative and $500 in manufacturer rebates or 0.99% APR purchase financing on new 2013 Focus S Sedan models, 2.49% APR purchase financing on new 2014 Escape S FWD models, $750 Winter Safety Package cash alternative and $500 in manufacturer rebates or 0.99% APR purchase financing on new 2013 F-150 XLT SuperCrew 4x4 models, 2.49% APR purchase financing on new 2014 Escape S FWD models, $750 Winter Safety Package cash alternative and $500 in manufacturer rebates or 0.99% APR purchase financing on new 2014 Fiesta S Hatch for up to 84 months, to qualified retail customers, on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. Example: $16,058 financed at 0.99% APR for 84 months; monthly payment is $198.25, cost of borrowing is $1,594.00 and total to be repaid is $17,652. Down payment may be required based on approved credit from Ford Credit. Taxes payable on full amount of purchase price. All purchase finance offers include freight and air tax and PPSA but exclude administration and registration fees of up to $799, fuel fill charge of up to $120 and all applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. Delivery Allowances are not combinable with any fleet consumer incentives. ***Until December 2, 2013, lease a new 2013 Ford F-150 SuperCrew XLT 4x4 for up to 24 months and get 1.99% APR on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest APR payment. Lease the above-noted model with a value of $31,858 (after $1,900 down payment or equivalent trade in and $9,250 manufacturer rebate deducted) at 1.99% APR for up to 24 months with an optional buyout of $21,432, monthly payment is $399, total lease obligation is $11,476, interest cost of leasing is $1,016 or 1.99% APR. Offers include freight, air tax, and PPSA but exclude administration and registration fees of up to $799, fuel fill charge of up to $120 and all applicable taxes. Additional payments required for optional features, license, and insurance. All prices are based on Manufacturer's Suggested Retail Price. Some conditions and mileage restriction of 32,000km for 24 months applies. Excess kilometrage charges are 16¢per km for F-Series, plus applicable taxes. Excess kilometrage charges subject to change (except in Quebec), see your local dealer for details. All prices are based on Manufacturer's Suggested Retail Price. Manufacturer rebates are not combinable with any fleet consumer incentives. ††Estimated fuel consumption ratings for the 2013 Focus 2.0L I4 5-Speed Manual, 2014 Escape 2.5L I4 6-Speed Automatic, 2014 Fiesta 1.6L – I4 5-Speed Manual, 2013 F-150 4x4 5.0L – V8 6-Speed SST. Fuel consumption ratings based on Transport Canada-approved test methods. Model shown is 2013 F-150 4x4 5.0L – V8 6-Speed SST: 15.1L/100 km city and 10.7L/100 km hwy. Actual fuel consumption will vary based on road conditions, vehicle loading and driving habits. **Offer only valid from September 4, 2013 to October 31, 2013 (the "Offer Period") to resident Canadians with a Costco membership on or before August 31, 2013. Use this $1,000CDN Costco member offer towards the purchase or lease of a new 2013/2014 Ford (excluding Fiesta, Focus, C-Max, Raptor, GT500, Mustang Boss 302, Transit Connect EV, and Medium Truck) or Lincoln vehicle (each an "Eligible Vehicle"). The Eligible Vehicle must be delivered and/or factory-ordered from your participating Ford dealer within the Offer Period. Offer is only valid at participating dealers, is subject to vehicle availability, and may be cancelled or changed at any time without notice. Only one (1) offer may be applied towards the purchase or lease of one (1) Eligible Vehicle, up to a maximum of two (2) separate Eligible Vehicle sales per Costco Membership Number. Offer is transferable to persons domiciled with an eligible Costco member. Offer is not combinable with any CPA/GPO or Daily Rental incentives, the Commercial Upfit Program or the Commercial Fleet Incentive Program (CFIP). Applicable taxes calculated before $1,000CDN offer is deducted. ††Receive a winter safety package which includes: four (4) winter tires, four (4) steel wheels and four (4) tire pressure monitoring sensors when you purchase or lease any new 2013/2014 Ford Focus (excluding S and Focus Electric), Escape, Fusion, Edge (excluding Sport), Explorer, or Fiesta (excluding S) on or before December 2, 2013. This offer is not applicable to any Fleet (other than small fleets with an eligible FIN) or Government customers and not combinable with CPA, GPC, CFIP or Daily Rental incentives. Some conditions apply. See Dealer for details. Vehicle handling characteristics, tire load index and speed rating may not be the same as factory supplied all-season tires. Winter tires are meant to be operated during winter conditions and may require a higher cold inflation pressure than all-season tires. Consult your Ford or Canada dealer for details including applicable warranty coverage. ‡‡F-Series is the best-selling pickup truck in Canada for 47 years in a row based on Canadian Vehicle Manufacturers' Association statistical sales report, December 2012. ©2013 Sirius Canada Inc. "SiriusXM", the SiriusXM logo, channel names and logos are trademarks of SiriusXM Radio Inc. and are used under licence. ©2013 Ford Motor Company of Canada, Limited. All rights reserved.

Even life in the eco-fast lane could lead to an auto rebound

More drivers on the road. Congestion and fuel costs might slow things down a bit, but Canadians are still driving more

AUTO PILOT
Mike Goetz
drive@metronews.ca

For hockey goalies and their defensemen, controlling rebounds can be the difference between registering a shut out and being on the ugly end of a blow out.

Controlling rebounds is also part of the automotive environmental game, because every time there is an advance in this area there is a "rebound effect" to consider.

Basically it's a case of, if the technology makes driving cheaper and/or less of a guilt trip, then drivers will drive more.

It's a conundrum we've faced many times. Calorie-reduced or fat-reduced snack-food is a prime example. What we lose in calories per serving, we make up for in the number of servings. Just for the record, it says on my tube of "reduced fat" Pringles that 28 grams, or approximately 16 chips, is a "serving." I don't think so.

The automotive rebound is going to be particularly interesting to watch, because the reduced fuel costs and emissions come at virtually no expense to the driving experience. In fact, vehicles are getting more awesome. I could go on indefinitely about all the cool cars and features available today, but really just need to point out two items — heated steering wheel, heated and cooled driver's seat — because once your extremities are happy, your mood automatically follows.

We already don't need an excuse to drive more. More people have more places to go and more places to see. And more people want to own and drive vehicles. No surprise if I tell you there is more driving being done every year. A Statistics Canada survey estimated that, during 2009, Canadians drove their cars and light-duty trucks for a combined 293,298.8 million kilometres! In 2005, the number was 277,660.4 million. StatsCan doesn't do the survey any more, but I'm sure the numbers for 2013 would be up and alarming.

And one wonders how much driving we'll be doing in the year 2025, when cars are legislated to be more than 35 per cent fuel efficient than they are today? In 2010 the sales-weighted fuel economy average of new passenger cars was 7.9 L/100 km. According to Environment Canada, the emission regulations will push that weighted average to 6.0 L/100 km in 2020, and to 5.0 L/100 km by 2025.

In the year 2025, cars are legislated to be more than 35 percent fuel efficient than they are today. ISTOCK

Congestion and increasing vehicle ownership and fuel costs might slow things down a bit, but I think we'll always be driving if we can — and they'll be more of us.

People are working on the congestion and ownership issues (smart grids, car sharing, self-parking, etc.), so if they net some gains and make everything nice, they will have their own "rebound effects" to add to the pile. Yeah, more vehicles built, fueled, driven, etc.

Until then, there's only one thing to do about rebounds — cover your man, keep your stick on the ice.

Nissan asks: What do women really want?

JIL MCINTOSH
drive@metronews.ca

Back in 1955, Dodge introduced a new model called La Femme. Aimed at women, it was painted in pastel colours, and included a matching raincoat and umbrella.

It failed, proving that it takes more than just a few "feminine touches" to appeal to female buyers. But while automakers generally know what won't work, it's an ongoing challenge to determine what does.

"I think women are misunderstood, and it's because the industry assumes they're disinterested in cars, and find them boring and one-dimensional," says Rachel Nguyen, director of exploratory and advanced product planning for Nissan's head office in Los Angeles. "Instead, they see it in their lives, and if they will enjoy being in it.

Nguyen works with teams of designers, engineers and planners to identify major trends and customer needs, and also with consumers. While discussion groups are important, the company also uses immersion research that can include going into people's homes. "We're looking for insights," she says. "It's not typical market research. Immersing in these women's lives is where we gain our insight and tells us what we need to do."

Women also want technology as much as men do, but it needs to be intuitive and easy to use. The company is continually working on designs that take the enormous amount of information available, and present it in formats that are accessible, affordable, and also minimize distraction. "It's the kiss of death to say that you're designing for women," she says. "If you meet their needs, you will capture the needs of everyone."

Horoscopes

♈ Aries
March 21 - April 20
Having given your word about something, you can't break it because circumstances have changed and it suits you to change too. If you do, your reputation will head south fast, and so will your finances.

♉ Taurus
April 21 - May 21
Listen to your instincts today and do what they tell you. If you ignore them and lose out in some way, you will only have yourself to blame. Your inner eye sees everything.

♊ Gemini
May 22 - June 21
You're not the type to follow the same path as everyone. You like to blaze a trail and that is exactly what you should do today. Some will criticize you — mainly out of envy.

♋ Cancer
June 22 - July 23
If you must work almost non-stop, at least make sure you are working for yourself and not for people who benefit from your efforts. Better still, find a way to cut back on what you are doing. Put your wellbeing first.

♌ Leo
July 24 - Aug. 23
You cannot change the world but you can change your own attitude — and that will be a thousand times more productive. Your ultimate responsibility is to yourself.

♍ Virgo
Aug. 24 - Sept. 23
You want to be on the move and very soon you will be. Today, though, spend time checking and rechecking your plans, just in case you have missed something.

♎ Libra
Sept. 24 - Oct. 23
Do what your instincts tell you is right, even if it means you stir up powerful forces that see you as a threat. And don't listen to those who say the old ways are the best. What they mean is they benefit from them.

♏ Scorpio
Oct. 24 - Nov. 22
You want to protect your privacy but you also want to get out in the world. Somehow you will have to reconcile these two driving principles. Learn to compartmentalize your life.

♐ Sagittarius
Nov. 23 - Dec. 21
You know exactly what you want to be doing and exactly what you ought to be doing and for once the two coincide perfectly. Both at home and at work life will be easy today.

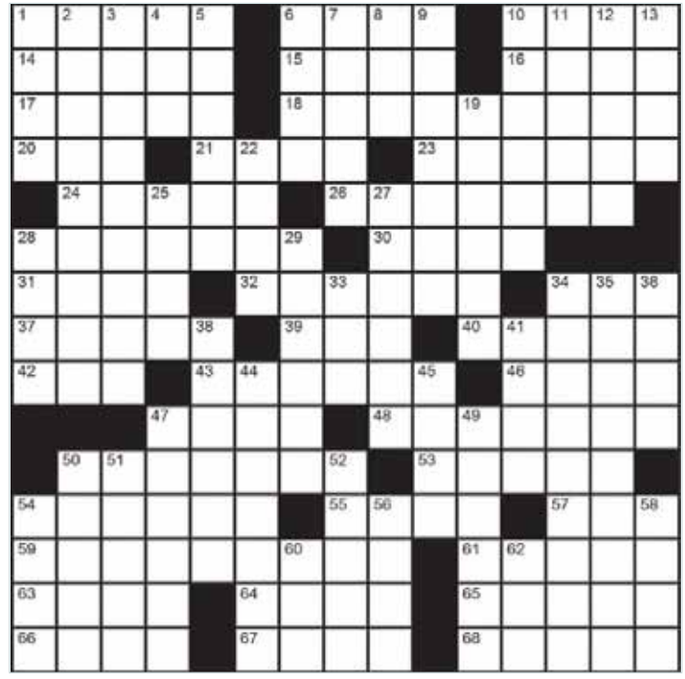
♑ Capricorn
Dec. 22 - Jan. 20
You may be impatient to start something new but the planets suggest that for best results you should leave it a day or two. The approaching eclipse will focus your mind and your energy with laser-like intensity.

♒ Aquarius
Jan. 21 - Feb. 19
What can you do to make the world a better place? Be a better person. That may sound a bit too simple but really it's the only viable course of action if you want to make a deep and lasting difference.

♓ Pisces
Feb. 20 - March 20
You may be tempted to go public with news that makes a rival look bad but don't be too hasty. Do they know things about you that you don't want revealed? If so, think again. SALLY BROMPTON

Crossword: Canada Across and Down

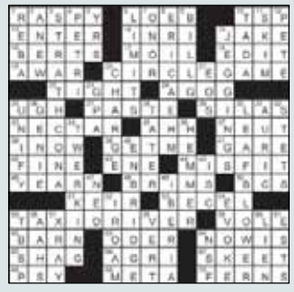
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Mischief manufacturization
6. Madrid 'water'
10. Pepper __
14. Pantheon of Norse gods
15. "..._ _ digress..."
16. 'Hypn' suffix
17. Ms. Stanger of "The Millionaire Matchmaker"
18. Labatt Blue, for one: 2 wds.
20. Coming-in-plane, e.g.
21. Potato chip brand
23. Skillfully sidesteps something
24. Sushi shapes
26. Operating Room professional
28. Artist of 1905 painting Woman with a Hat
30. Subatomic particle
31. Burden
32. Scarf-like garment
34. Detectives, for short
37. Monsters
39. Law: French
40. "Home __" (1990)
42. TKO caller
43. Uses Twitter
46. Sky bear
47. Yes
48. Saskatchewan city since 1882
50. Judicious
53. Songbook standard: "You __ __ Sunshine"
54. Suspect stories
55. Maori warriors' traditional war cry/dance
57. Traditional tree
59. Where to deposit a vote: 2 wds.
61. Q."It's half past __ __ my watch, what does yours say?" A."Three o'clock, it must be fast."
63. Gawk at
64. Highway division
65. Singer Ms. Gorme (b.1928 - d.2013)
66. Towards BC
67. Energy units
68. CBC's "Republic of __"

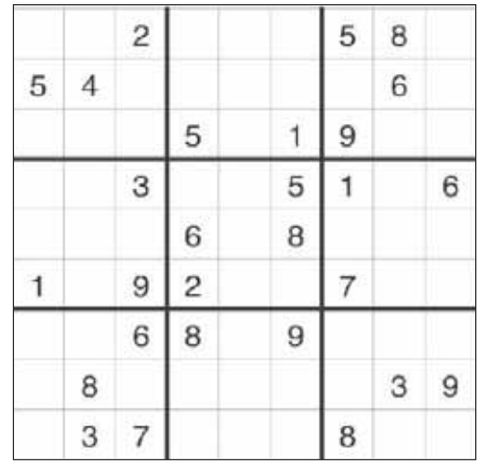
Down
1. "__ Don't Preach" by Madonna
2. Change around
3. Sports stadium surface, sometimes
4. Puny parasite
5. Shrimp-like creatures
6. Donna Mills' role on "Knots Landing"
7. Jeans company
8. Sport-__ (All-purpose vehicle)
9. City near Calgary
10. 'See History Unfold' city in southern Manitoba
11. "Give __ _ __." (Try)
12. Fabric fabricated from flax fibres
13. Flat-screen TVs, e.g.
19. Capital of Colombia
22. Abbreviated aide
25. Ms. Watier of cosmetics
27. Haughty
28. The Tragedy of Othello, the __ of Venice (Shakespeare tragedy)
29. "Don't Walk Away __" by Sam Roberts
33. The Raven poet's surname
34. 'City of the Arts', part of Metro Vancouver: 2 wds.
35. How some canned sardines are packed: 3 wds.
36. Sitcom star Mr. Hayes
38. Painter's abode
41. Gospel scribe
44. Do like Hulk Hogan
45. Drench
47. Rent out your apartment
49. _-__ movie
50. Beach: French
51. Streamlets
52. "__ Song" by Sisqo
54. "Take _ __" by Madonna
56. Cans
58. Leg point
60. Prevent
62. Cheyenne's li'l state

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

5	6	9	3	4	1	8	7	2
4	3	8	9	7	2	6	5	1
7	2	1	6	8	5	3	9	4
3	9	5	4	1	7	2	6	8
2	8	6	5	9	3	4	1	7
1	4	7	8	2	6	9	3	5
9	5	2	7	3	8	1	4	6
8	7	3	1	6	4	5	2	9
6	1	4	2	5	9	7	8	3

Today
7°/-1°
Variable

Thursday
12°/11°
Rain
90%

Know what the weather will be 14 days from now.
Check the 14 day trend.
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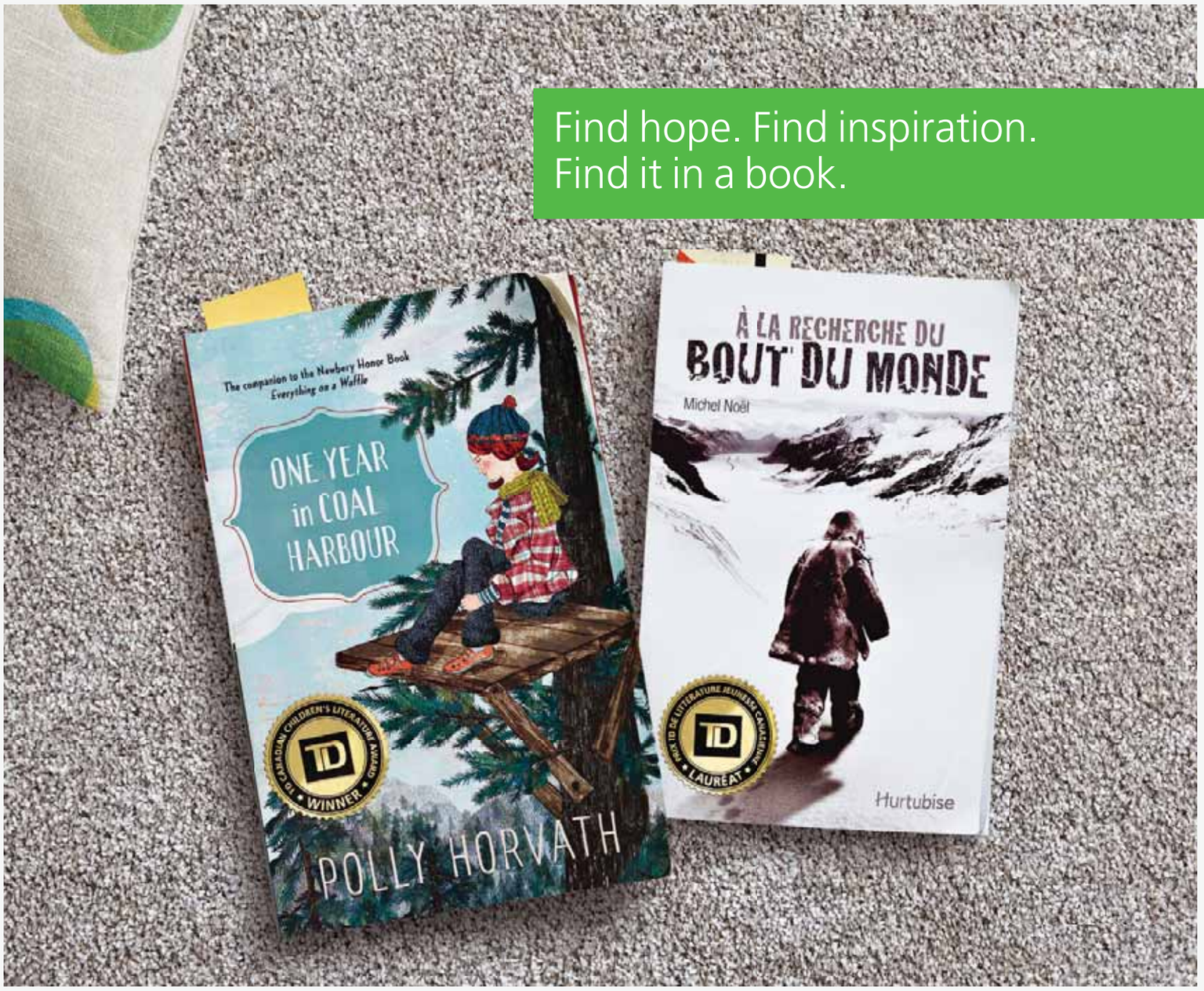

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